



SERMON BASED STUDY GUIDE

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EMBRACING FREEDOM AND INTIMACY IN CHRIST

OPENING & PRAYER:

Today, we dove deep into Romans chapter 8, a passage that stands as the "Emancipation Proclamation" for every believer. The journey from Romans 7 to 8 marks a dramatic shift—from the struggle of self-effort under the law to the freedom and life found in the Spirit. Paul's personal wrestling in chapter 7, filled with "I" and "me," gives way to the Spirit's work in chapter 8, where the focus is no longer on our performance but on God's power and presence within us. This is the heart of the gospel: Jesus has set us free from condemnation, not because of our works, but because of His finished work on the cross.

"Father, we are excited to dive into the book of Romans. Please guide our studies and discussions to help us better understand Your Truths. Help us to not lean on our own understanding, but lean on your truths this week. In Jesus' name we pray, Amen."

SCRIPTURE:

*For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. **Romans 8:2***

*For what the law (Law of Moses) could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh, **Romans 8:3***

*that the righteous requirement of the law (Law of Moses) might be fulfilled in us (NOT BY US) who do not walk according to the flesh but according to the Spirit. **Romans 8:4***

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. **Romans 8:5-6***

*And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. **Romans 8:10-11***

*Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. **Romans 8:12-13***

*For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” **Romans 8:14-15***

*The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together. **Romans 8:16-17***

*For we know that the whole creation groans and labors with birth pangs together until now. Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. **Romans 8:22-23***

*Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. **Romans 8:26-27***

*And we know that all things work together for good to those who love God, to those who are the called according to His purpose. **Romans 8:28***

*Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.
Romans 8:37-39*

GO DEEPER:

Romans 8:1 declares that there is now no condemnation for those in Christ Jesus. This is not a conditional statement based on our perfect behavior, but a declaration of our new standing in Christ. The law of sin and death still operates in the world, but for those in Christ, a higher law—the law of the Spirit of life—overrides it. Just as the law of aerodynamics can lift a plane above gravity, so the Spirit lifts us above the pull of sin and death. Our failures, mistakes, and even consequences do not change our relationship with God; He does not impute sin to us, but instead treats us as righteous because of Jesus.

This freedom leads to intimacy. We are not just acquitted criminals; we are adopted children who can cry out “Abba, Father”—a term of deep affection and closeness. The Spirit Himself bears witness with our spirit that we are God’s children, heirs with Christ, and part of God’s family. Even as creation groans under the weight of the fall, and we ourselves groan for redemption, the Spirit intercedes for us, expressing the deep longings of our hearts in ways words cannot capture.

Yet, life is not without suffering or struggle. But for those who love God and walk in His purpose, all things—even the hard things—are woven together for good. Nothing can separate us from God’s love: not death, not life, not angels or demons, not our past or our future. Our relationship with God is secure—no condemnation, complete intimacy, and absolute security in His love.

KEY TAKEAWAYS:

Freedom from Condemnation Is Absolute

In Christ, there is not a single ounce of condemnation left for us. God is not holding our failures or mistakes against us; all condemnation was placed on Jesus at the cross. To walk in self-condemnation is to live contrary to God's will for us. Our freedom is not based on our performance, but on our position in Christ. [\[13:07\]](#)

The Law of the Spirit Supersedes the Law of Sin and Death

Though the law of sin and death still operates in the world, believers live under a higher law—the law of the Spirit of life in Christ. Just as the law of lift overcomes gravity, the Spirit empowers us to rise above the pull of sin and death. This doesn't mean we never struggle, but it means we are no longer bound or defined by those struggles. [\[15:44\]](#)

Intimacy with God Is Our Birthright

We are not merely forgiven; we are adopted. The Spirit enables us to approach God with the intimacy of a child to a loving father, crying "Abba, Father." This closeness is the foundation of our relationship with God, moving us beyond religious formality into genuine, daily fellowship. [\[23:53\]](#)

The Groaning of Creation, Ourselves, and the Spirit

All of creation groans under the weight of the fall, and we too feel the ache for redemption and wholeness. The Spirit joins in this groaning, interceding for us in our weakness, expressing what we cannot put into words. This shared longing points us to the hope of ultimate restoration and reminds us that God is deeply involved in our struggles. [\[28:25\]](#)

God's Love Is Unbreakable and All Things Work for Good

Nothing—absolutely nothing—can separate us from the love of God in Christ. Even in suffering, loss, or confusion, God is weaving all things together for the good of those who love Him and walk in His purpose. Our security is not in our circumstances, but in the unchanging, pursuing love of God. [\[36:08\]](#)

LEARNING AND GROWING:

1. What does it mean that we can cry out “Abba, Father” to God, according to Romans 8:15? How does this compare to the way people might have related to God under the law? **(see [23:53])**

2. The message emphasized that our relationship with God is not just about being forgiven, but about being adopted as children who can call God “Abba, Father.” How does this change the way we approach God, especially when we fail or struggle? **(see [23:53])**

3. The law of the Spirit lifts us above the pull of sin and death, but doesn’t mean we never struggle. When you face temptation or failure, how can you remind yourself that you are not defined by your struggles? Is there a practical step you can take to “walk in the Spirit” this week? **(see [15:44])**

4. The sermon described the “groaning” we feel for things to be made right, and how the Spirit intercedes for us in our weakness. When you feel overwhelmed or don’t know how to pray, how can you lean on the Holy Spirit’s help? Can you share a time when you experienced this? **(see [28:25])**

5. The message ended with the idea that nothing can separate us from God’s love—not our past, our failures, or anything else. Is there something in your past or present that you fear could separate you from God? How does Romans 8:38-39 speak to that fear? **(see [36:08])**

CLOSING PRAYER:

“Father, thank you for your guidance and love for us. We know that we are far from perfect, but you do not call us to be perfect. You have forgiven our imperfections. You overcome where we fall short. We thank you and love you for it. In Jesus’ name, Amen.”